



ORANGE HIGH SCHOOL NEWSLETTER

30th March 2021 -Term 1, Week 10

MINISTER FOR EDUCATION

On Thursday 11th March Orange High School was visited by
The Honourable Sarah Mitchell (Minister for Education and Early Childhood Learning),
Sally Taylor (Policy Advisor), The Honourable Sam Faraway MLC (member of the legislative council),
and Chad Bliss (Director Educational Leadership).
Our school captains Callan and Abigail led the tour of our school and the visiting party enjoyed a coffee
at the Educated Roast, joined in activities in a Year 7 class, explored the aquaponics project in the
inner quad and tried out the fitness centre.



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<http://www.orange-h.schools.nsw.gov.au>

Principal

Andrew Jones (Rel)

Deputy Principals

Kate Rogan (Rel)

Melisa Kerr (Rel)

Alison McLennan

Head Teacher Admin

Kylie Winslade

Jo Beeby - Staff

Head Teacher Wellbeing

Kylie Winslade

Monica Peasley

Head Teacher Engagement

Aaron Routh

Year 7 Advisor

Jess Huggett

Year 8 Advisor

Kieran Bonin

Sally Cheetham

Year 9 Advisor

Jacky Lyden

Wes Lummis

Year 10 Advisor

Tammy Nash

Dan Wait

Year 11 Advisor

Lisa Phillips

Tegan Dray

Year 12 Advisor

Monica Peasley

Tim Boyle

Careers Advisor

Glen Pearson

From the Principal

Dear Parents and Members of our School Community,

I am continually inspired by our students and our staff and the manner in which they conduct themselves within the school and outside in the wider community. Whether it be for academic achievements, on the sporting field, in performing arts or supporting a great cause, our students are there front and centre representing Orange High School and public education.

We recently had a visit by the current Minister for Education and Early Childhood Learning, The Honourable Sarah Mitchell and Member of the Legislative Council, The Honourable Sam Faraway. After a coffee at the Educated Roast, our school captains Callan and Abigail led the Minister to the Student Hub, our fantastic aquaponics project and the Middleton Fitness Centre. It was fantastic to show the minister some of the excellent initiatives and fantastic students at OHS.

Innovation / Conference Centre

Orange High School recently received a grant and approval to commence construction of a multi-purpose innovation centre. This centre, which is yet to be formally named, will allow for examinations, teaching and learning of larger groups of students, professional learning, conferences and a range of other functions. It will have capacity for 250 desks and chairs, break out rooms for small group sessions, have technology for a range of functions and the ability to be hired to community groups after school hours and on weekends.

This is an extremely exciting initiative that will be completed later in the school year.

Thank you to the P&C for their generous contribution to this initiative.

Parents & Citizens

The P&C AGM was held in Week 7 and I am pleased to announce the executive team for 2021.

President	Keith Lummis
Vice President	Alison Duffield
Vice President	Heidi Bowden
Secretary	Meagan Cooper
Treasurer	Annie Johnson

I would like to thank Dale Size as our outgoing treasurer for all her dedicated service.

The next P&C meeting will be held on Wednesday 12th May at 6.30pm in the Music Centre.

Parent Support

The Orange High School community would appreciate if you could support and speak to your children about the following issues that are of concern. Although they only impact a small group of the student body, it is important that they are addressed and that all parents are aware.

Principal

Andrew Jones (Rel)

Deputy Principals

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Melisa Kerr (Rel)

Alison McLennan

Head Teacher Admin

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Tammy Nash

Dan Wait

Year 11 Advisor

Lisa Phillips

Tegan Dray

Year 12 Advisor

Monica Peasley

Tim Boyle

Careers Advisor

Glen Pearson

From the Principal

Road Safety

I have ongoing concerns about the safety of our students both before and after school on the local crossings and roads. Although there has been support from Orange Council to improve our crossings, increased staff supervision and regular police patrols, there are still a small number of students ignoring basic road safety rules both as pedestrians and on bikes and scooters.

Food Deliveries

It is against NSW Department of Education policy for food to be delivered to school by delivery companies. The delivery of food presents both a WHS and Child Protection risk to all students. We would also ask that parents do not deliver take away food to students during school hours.

The canteen is available for all students at recess and lunch and has Eftpos facilities. If your child forgets their lunch and does not have money for the canteen, please get them to see the front office and we will organise some food.

Vaping

Vaping has become an increasing problem in Australian schools. Vaping is not permitted in NSW DoE schools. Consequences for students who are caught vaping or have a vape in their possession will be in line with students who are caught smoking.

Electronic cigarettes (E-cigarettes) can contain high levels of nicotine. Adolescence is a critical period for brain development and exposure to nicotine can have long-term health consequences, impacting memory, attention and learning.

E-cigarettes are often available in different flavours which can be appealing to young people and may expose them to chemicals and toxins such as formaldehyde, heavy metals, particulate matter and flavouring chemicals, at levels that have the potential to cause adverse health effects.

Please find more information for parents on vaping in this link.

<http://doingdrugs-darta.blogspot.com/2021/03/what-should-parents-say-when-their-teen.html>

I trust that you will enjoy some time with your children over the holiday period and we look forward to another fantastic term of learning and extra-curricular activities.

Kind regards

Andrew Jones

Principal (relieving)



ATHLETICS CARNIVAL





ATHLETICS CARNIVAL



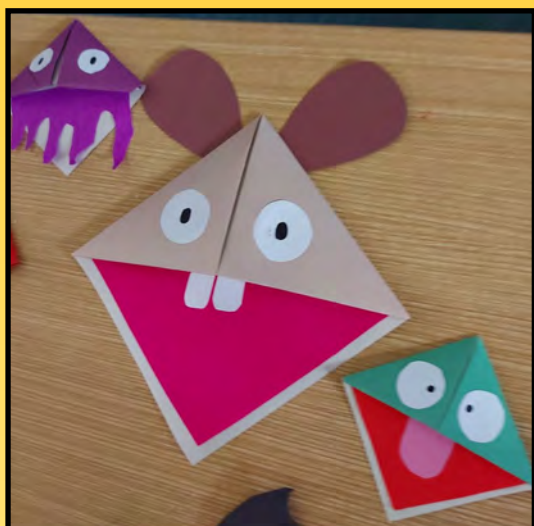


HARMONY WEEK



YEAR 10 CHILD STUDIES

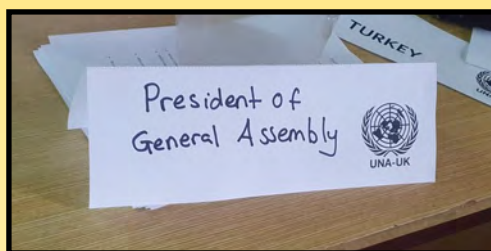
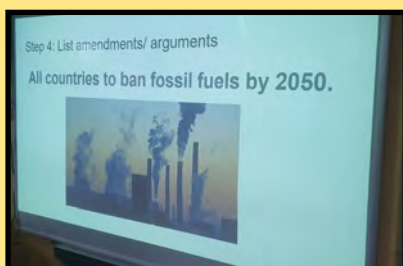
Year 10 child studies for their play unit, and in conjunction with Harmony Week Asia day, participated in making some origami critter bookmarks



YEAR 10 GEOGRAPHY

10.4 Geography ran a model United Nations for Harmony week. Each student represented a country and debated their countries stance on issues related to climate change.

Mr Bonin gave himself the role of President of the General Assembly.



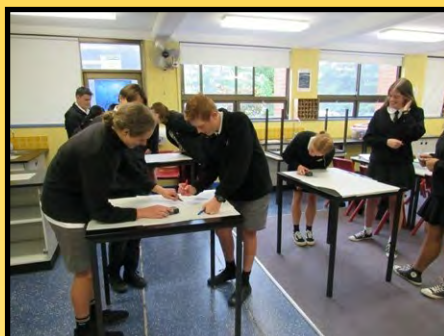
EARTH AND ENVIRONMENTAL SCIENCE

On Tuesday 23rd March, Susan Filan from Australian Earth Science Education visited Orange High and worked with Year 11 and 12 Earth and Environmental Science students.

Year 12 investigated the relative and absolute dating of fossils focussing on stratigraphic columns. Additionally, they measured walking and running stride length and looked at the relationship between a person's height and stride. This was linked to fossil organisms to explain how tracks and prints can provide an insight into a world that no longer exists.



Year 11 spent time analysing how non-renewable geological resources are discovered and extracted. Students were provided with stud finders to locate 2 unknown 'deposits' hidden underneath benches.



MinView was utilised for online 'prospecting' showing detailed geological information for NSW. Aerial photos, geological maps, geophysical data, mining leases and mines were viewed focusing on the Orange region and Cadia Mine.

Open cut and underground mining methods were explained by mining for chocolate chips in muffins.



She congratulated Orange High School on the strong Earth Science Education program and we are very thankful she joined us for the day.

NRL STATE OF MIND

About 60 of our young boys and girls were lucky enough to have a visit from former NRL player Alan Tongue on Friday 5th March as part of the NRL State of Mind program. He presented a workshop aimed at enabling young people to put plans in to place to help themselves and their mates in relation to their mental health.

Alan Tongue was one of the hardest and toughest players on the rugby league field for Canberra Raiders and is a great example of how even the toughest people need to practise positive mental health habits to be the best people that they can be for themselves, their mates and their team both on and off the field.

A key takeaway point was to treat your mental health like your physical health. If you injure yourself, you need to put steps in to place to recover which may involve seeing a professional, otherwise your injury may become worse. Mental health is no different where you also need to put plans in to place to recover and may also require seeing a professional.

We finished out on the field with some drills and games which reinforced the positive messages including positive communication, going out of your way to help a mate and finding safe spaces - all with a football in hand. There may have been a burpee or two experienced as well as some budding young media superstars as seen in the pics. Thanks to Alan Tongue and the National Rugby League for the opportunity to take part in the State of Mind program and we hope to make it an ongoing connection.

Mr Jones & Mr Callaway





ASTLEY CUP 100 YEARS

We welcome the stories from past competitors. This continues Graeme (Tub) Taylor's recollection. He represented OHS in rugby league in 1959-1961, playing hooker in 1959-60, lock and captain in 1961.

"For many the highlight of the visit was the 'social' held on the second night of the visit. Boys were resplendent in their best gear and often shod with a pair of blue suede shoes. Flocked nylon dresses for girls represented high fashion in those days and this event was the perfect opportunity to impress members of the opposite sex as well as your peers. Many long-lasting relationships were forged during the 'social'. I declare a personal interest here as I married Pat Salter, a member of the invincible OHS netball team. We remain happily married. Our daughter, Megan, represented Bathurst High in the Mulvey Cup, whilst one of our sons, David, represented Bathurst High School in tennis and rugby league. Further, my father, Ted, represented OHS in rugby union, athletics and tennis during the early 1930's. My brother, Roger was both OHS vice-captain and football captain in 1960."

If you or someone you know from the 'past', has a similar recollection we would love to hear from you. You can send the (short) stories to middo53@hotmail.com for publication.

We are also looking for people with a passion for all things Astley Cup to join our energetic committee - especially with skills in marketing, media (all sorts) and social management.

Our next meeting is Wednesday 21st April at 5.30pm in the Music Centre.

For further information please contact Lynne Middleton 0411 744 764.

WESTERN VOLLEYBALL



Year 10 student Tim Blowes, and his Western Volleyball team competed in NSW CHS Volleyball tournament last week! Tim and his side placed 3rd in the state! What an awesome achievement. Congratulations Tim!

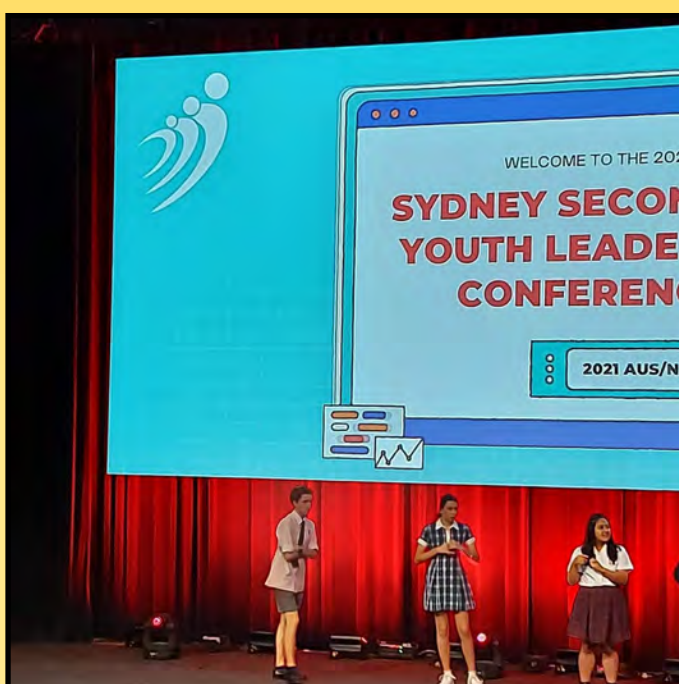
WESTERN LAWN BOWLS CHAMPS



Congratulations to the OHS Bowls team who were crowned Western Region champions. The boys will now progress to the state finals held later in the year at Camden. All boys played some cracking bowls throughout the day. Well done lads!!!!

NSW SECONDARY YOUTH LEADERSHIP CONFERENCE

On Monday 8th March the OHS Prefects accompanied by Miss Hope and Ms Peasley attended the NSW Sydney Secondary Youth Leadership Conference at the Wesley Conference Centre. They heard from inspirational speakers such as Wil Massara and founder of iYarn Lockie Cooke. The students had the opportunity to listen and develop strategies and skills to assist in leading not only our SRC, but the student body as a whole.





STATE CYCLING CHAMPION

Year 11 student Ben Anderson has just confirmed himself as the fastest U17 in the State!

Winning Gold in the Individual Pursuit, 500m Time Trial, Keiran and Points Race.

Ben clocked a sensational time of 2.18.255 in the Individual Pursuit and in his favourite event the 500m Time Trial, a time of 33.711.

In April, Ben will represent NSW in Brisbane at the National Junior Track Championships.

Congratulations Ben on your outstanding achievement and good luck in Brisbane.



Congratulations

YEAR 9 CHILD STUDIES

Mrs Lydens Year 9 Child Studies class who have been flat out designing and creating their beautiful nurseries. Well done ladies!



CHS SOFTBALL CHAMPIONSHIPS

A huge congratulations to Caden Keed and Liam Wilson on placing 3rd at the CHS Softball Championships.

The results placed their team and 2 others in equal 1st but due to point differences, they were placed in 3rd.

An amazing results for our softball talents.

Softball





THE RESILIENCE PROGRAM

We are excited to announce the arrival of a community project that Orange High School will be part of in 2021 and into the future. Together with Orange City Council, OAMS, Wayne Hill and many other local Primary and High Schools, we are fortunate to introduce and implement this positive mental health program.

The Resilience Project (<https://theresilienceproject.com.au>)

The Resilience Project delivers emotionally engaging programs to schools – providing practical, evidence-based, positive mental health strategies to build resilience and happiness.

Through presentations, school curriculum, events, the TRP App, and Wellbeing Journals, we share the benefits of Gratitude, Empathy and Mindfulness, and easy ways to practise these in everyday life. They also incorporate Emotional Literacy, Connection and Physical Health education and activities as they are foundational contributors to positive mental health.

Orange High School student presentations will be held during school time in the PAC in Term 2:

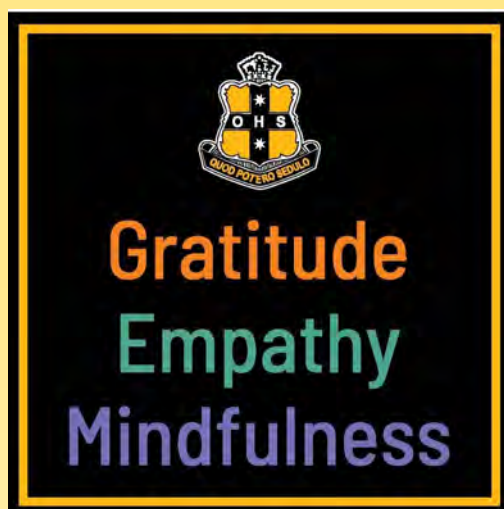
- Monday 26th April – Year 11 and 12 (period 5/6)
- Wednesday 28th April – Year 7 and 8 (period 1/2)
- Wednesday 28th April – Year 9 and 10 (period 3/4)

The Resilience Project will host a free parent presentation on Thursday 29th April at the Orange Function Centre, from 6.30pm – 8:00pm. This is a ticketed event. Tickets will be issued on a first in first served basis (max 450). Please note there are 7 schools across Orange that will be involved in this parent session so get in quick!

Please register for the parent session using the link below:

- <https://www.ticketebo.com.au/theresilienceprojectorange>

Access The Resilience Project website for more information about the program. Martin Heppell will deliver our presentations. Stay tuned for more information about how Orange High School is benefitting from The Resilience Project. There is plenty more to come!





OHS GRATITUDE CHAIN

OHS is very proud of some of our many outstanding staff and students, and one way of doing this is through the OHS Gratitude Chain, which started with Mr Jones.

Mr Jones was asked to nominate anyone in the OHS family that he was grateful for and why, and he chose the magnificent Mrs Beeby, who then had to choose another OHS family member.

So far, the chain has spread to 10 amazing staff and students.



OHS GRATITUDE CHAIN



TALENT DEVELOPMENT PROGRAM

Applications are now being accepted from students seeking entry into the Orange High School Talent Development Program Year 7 2022 – **applications close Monday 19th April 2021.**

Application forms can be downloaded from our website <https://orange-h.schools.nsw.gov.au/learning-at-our-school/talent-development-program.html>, requested by emailing Orange High School

orange-h.school@det.nsw.edu.au, or collected in person from Orange High School.



YEAR 8 IPHONEOGRAPHY

SHAPES AND SHADOWS

In Iphoneography we have been working on Shapes, Shadows, Colours and Reflections.

We had some marvellous students go out of their way to take some beautiful photos.

We are very proud of the photos captured by Gabby, Emmanuel, Ryan, Ebony, Ned, Cooper, Kynan and Mia!

Ms Coates



The Orange Dusk

By: Emmanuel Peter



Dew Pond

By: Emmanuel Peter &
Ebony Mclachlan



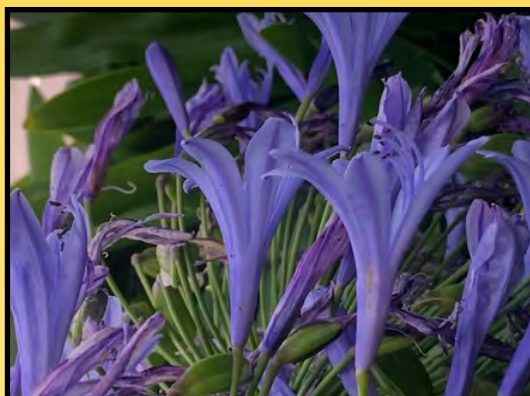
Botanic Heaven

By: Mia Howell



Solitude

By: Ned Cummins



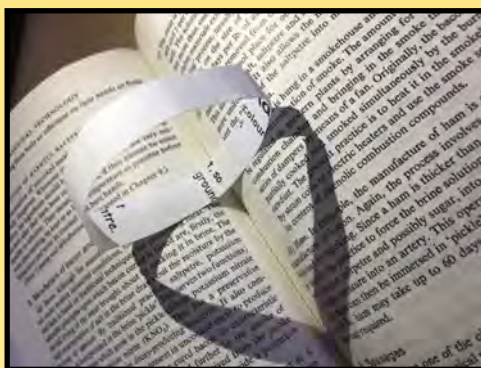
Purple Bloom

By: Ryan Dolbel



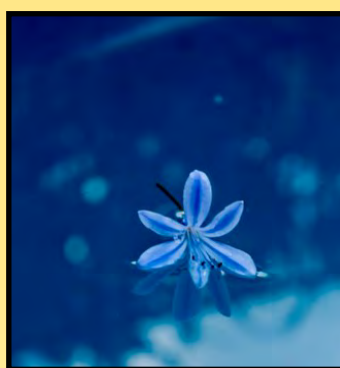
tranquillity

By: Gabby Gregory



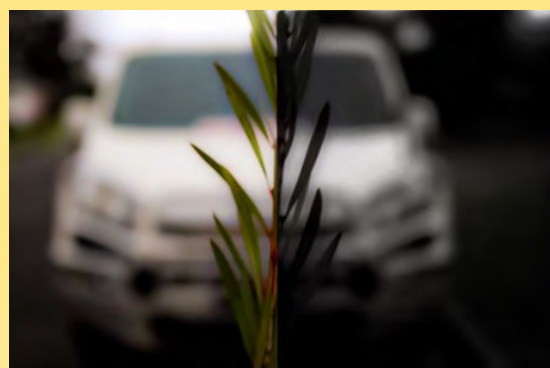
A Love Story

By: Kynan Booty &
Ebony Mclachlan



Free Fall

By: Gabby Gregory



The leaf and the Hiace

By: Cooper Riley



WESTERN SWIMMING



Well done to the 14 speedy swimmers at Western Swimming on Friday 12th March in Dubbo! The group came away with plenty of PBs and smiles, including 20 state swims! Good luck to Billy, Roy, Riley, Bridie, Asha, Alex, Kaitlyn and Olivia at CHS State.

WESTERN REGION CHAMPS

Our netball team (High A) have done it again- Western Region Champs for 2021! Well done to the girls for busting their butts and overcoming Mudgee 74-15, and then Dubbo Snr College 68-28 in the final. Yay!



YEAR 9 GEOGRAPHY

9-6 Geography are looking at food security and today they focused on Entomophagy (eating insects). Students learnt about the benefits of producing and eating insects before getting to try crickets (barbeque flavoured!) from Circle Harvest.

Here are Anja, Leah and Chloe enjoying the tasty snack.



NSW INDIGENOUS BASKETBALL TEAM

A huge congratulations to Year 9 student Azariah Ah-See for being named as a member of the New South Wales Indigenous Basketball Team that will play in the Gold Coast in April.

This is the first ever National Indigenous Basketball Tournament.

We are so proud of your achievement Azariah, well done!



**INDIGENOUS
BASKETBALL
AUSTRALIA**
NEW SOUTH WALES



YEAR 12 PDHPE

Mrs Winslade's Yr 12 PDHPE class and some Yr 11 students were so very fortunate to have 2 of our amazing former students come and speak with them on Thursday.

Kishaya Delaney (class of 2014) has just graduated from her Law degree through the University of Newcastle, and Cody Logan (class of 2018) is in his final year of Paramedicine at CSU Bathurst.

Both Kishaya and Cody spoke passionately about their University experiences, which has resulted from their tenacity and drive. Hearing about how to thrive in Yr 12, Uni life, scholarships, life beyond school and the amazing opportunities at University was a fantastic experience for our students to hear.

We are very grateful to Kishaya and Cody for sharing their experiences and wisdom, which our current students have benefited from enormously.



YEAR 11 EXPLORING EARLY CHILDHOOD



Year 11 Exploring Early Childhood were putting theory into action preparing a nutritious meal for a pregnant woman making sure to include a source of folate protein, magnesium and iron, some essential nutrients for pregnancy.



MEDICAL UPDATES

The upcoming holidays are the perfect time to review your medical plans and medication expiry dates.

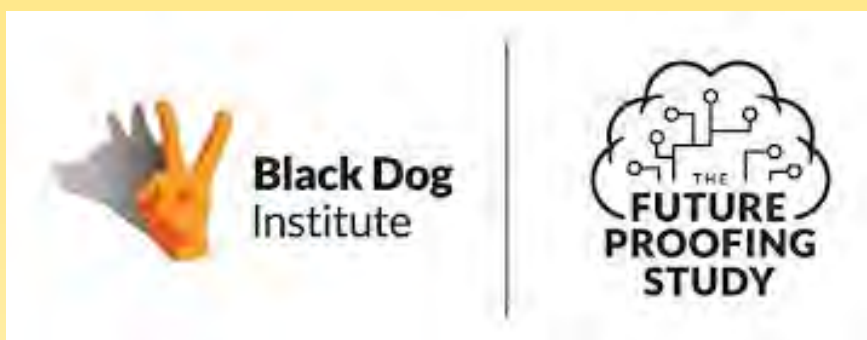
Can you please supply any updated plans and medications to the front office when we reopen on the 19th April 2021.

YEAR 8 OPPORTUNITY

Parents/Carers – Please let us know if you consent for your child to participate in the 'Future Proofing Study' commencing in Term 2 at Orange High School. Read more and register your response here:

<https://www.fpstudy.org.au/OrangeHS>

<https://www.youtube.com/watch?v=VlecHmFg-j8&feature=youtu.be>





U15 TOUCH FOOTBALL

On Monday 15th March, the U15s boys and girls touch teams participated in the Western Touch Gala Day! Both teams won their respective competitions! We had 3 girls (Ava Cole, Annabel Harrison & Eloise Harrison) and 7 boys (Sam Hill, Tamiti Puata, Damian Chopping, Ravai Tulevu, Zeik Selwood, Billy Morgan & Will Robinson) selected in the girls and boys Western Region U15s touch teams!!

Pictured below are the undefeated girls team! Unfortunately we didn't get a snapshot of the boys team, but we are very proud of all of the students that participated in the day.

Special mention goes to OHS students Rebecca Prestwidge, Casson Macdonald & Jaiden Powyer for refereeing on the day!



SENIOR GIRLS SOCCER

Our superstar senior girls soccer team won their 2nd round WSSA match against Kandos High 12-0 on Thursday 18th March.

Claudia Smith scored 5 - Charlotte McKay scored 3
Congratulations to all players!!





PARENTS AND CITIZENS (P & C)

ORANGE HIGH SCHOOL P&C MEETING

WE WOULD LOVE FOR AS MANY INTERESTED PEOPLE AS
POSSIBLE TO JOIN OUR MEETING

Wednesday 12th May - 6.30pm
OHS Music Centre

**Our P&C meetings are held on the second Wednesday
of each month.**

**If you would like more information please email:
secretaryohspc@gmail.com**

The Orange High School P&C is a school-based organisation with membership open to parents, teachers, students and other interested citizens. The P&C meets every 2nd Wednesday of the month (during school term) at 6.30pm in the Music Centre and aims to:

- Promote the interest of the school by bringing together parents, citizens, students and teaching staff into close co-operation.
- Assist in providing facilities and equipment for the school and promoting the recreation and welfare of the students at the school, and
- Encourage parents and community participation in curriculum and other educational issues in the school.

The P&C provides an opportunity for you to participate in your child's education. Regular information sessions are held to keep you informed about the changes in education curriculum and policy.



NSW YOUTH WEEK 2021

NSW YOUTH WEEK

2021

16-24 APRIL
16-24 APRIL
16-24 APRIL

TOGETHER MORE THAN EVER

Are you a young person aged 12 – 24 years old?

Scan the QR code or visit the link and complete the survey to go in the running to win \$1000 gift voucher for your school or a chance to win 1x4 gift vouchers valued at \$250 for you.

www.youthweek.nsw.gov.au

bit.ly/SCYW2021

Competition ends 24th April. See online for terms & conditions.

Youth Week will take place from 16 to 24 April and there will be a variety of activities, opportunities and events across NSW for young people. As part of Youth Week, students can lead the direction of the new NSW Government Strategic Plan for Children and Young People. All they need to do is complete a short survey and they will go in the running to win prizes. Entries close 24th April, 2021. Click on the following link to find out more: <http://bit.ly/SEYW2021>

NYW

NSW YOUTH WEEK

FOOD DELIVERIES

Please be aware that students are not allowed to order food delivery services to school or have take-away foods delivered during the school day. The delivery of foods during the day presents both a WHS and Child Protection risk to all students. The canteen is available for students at recess and lunch and has Eftpos facilities.

NO FOOD DELIVERIES



WESTERN REGION TEAM SELECTIONS

Congratulations to the following students on their recent Western Region Selections in the following teams

Open Boys Hockey

Oliver Tattersall
Liam Wilson

Open Girls Hockey

Ally Cook
Kiana Pakinga
Sophie Goodall
Addison Chapman

U15 Girls Touch Football

Ava Cole
Annabel Harrison
Eloise Harrison

U15 Boys Touch Football

Ravai Tulevu
Damian Chopping
Will Robinson
Sam Hill
Tamati Pueta
Billy Morgan
Zeik Selwood

Open Girls Basketball

Rachel Masling
Brooke Parish

WESTERN REGION SPORTING TRIALS

Please see below the current Term 2 Western Region Sporting trial dates for 2021. If you wish to trial for a Western side you must get permission prior to submitting forms/notes. Please see Miss Barrett in PDHPE for forms and further information. Please note that some trials dates have not been set as of yet and some dates may change.

We will continue to post any changes or updates if they occur.

Western Region Sporting Trials – Term 2 2021 dates	
Sport	Date
Rugby League – U16's Girls	21 st April
Greater Region Rugby League – U15's and Opens Boys	22 nd – 23 rd April
Touch Football – Girls and Boys	26 th April
Gymnastics – Girls and Boys	3 rd May
Tennis - Boys	7 th June
Cross Country – Girls and Boys	9 th June
Note that unless stated with a specific age group, all selections are for Opens Division	



U14 RUGBY LEAGUE

Congratulations to our U14 Rugby League boys, captained by halfback Ryver Robinson, who on Monday 22nd March defeated a brave Canobolas High School team in some soaking wet conditions. They won 40-14 and now progress to verse the winner of Kelso High and Blayney High at the start of Term 2.

Well done and thanks to the Canobolas High School team for their efforts in the rain. Some highlights included the excellent goal kicking from Dylan Onley, some nippy runs from Jock Selwood out of dummy half and some really tough hit ups and tackling from lock forward Aidan Bishop.

Well done crew! Footy's back!



OHS SCHOOL SPORT

The students at Orange High School have been engaging in a number of different sporting venues and facilities in Orange, including; Walking at Gosling Creek, Netball at PCYC, T-Ball at Jack Brabham and Tennis at Wade Park Courts .



E-Cigarettes

What you need to know as parents.

If you, or a parent you know, is concerned about the risks of electronic cigarette use in teenagers, the following information provides you with the facts.

WHAT ARE E-CIGARETTES?

Also known as cuvies, stigs and vapes an e-cigarette is in simple terms a device that heats a flavoured liquid (popular flavours include; strawberry, watermelon, peach and creme brulee) to an aerosol which can be inhaled. The device can be disposable (often allowing for up to 600 inhalations) or it can be reusable by refilling the device with e-liquid or a pod (containing e-liquid). Recent data shows an increase in use of e-cigarettes over the past three years, with one in five students aged 16–17, trying e-cigarettes.

HOW DO THEY WORK?

E-cigarettes produce an aerosol by using a battery to heat a liquid. This liquid is sometimes called "e-juice," "e-liquid," "vape juice," or "vape liquid." The liquid used in e-cigarettes is made up of flavours, chemicals and often contains nicotine.

Users inhale e-cigarette aerosol into their lungs. Bystanders can also breathe in this aerosol when the user exhales it into the air.

WHAT DO THEY LOOK LIKE?

E-cigarettes come in a variety of shapes and sizes. They can be as small as a USB and even look like one, they can also look like pens, highlighters or cigarettes.



WHY ARE THEY UNSAFE/RISKY/DANGEROUS?

E-cigarette liquid is made up of different chemicals. These chemicals can include:

- Nicotine (although illegal without a prescription in Australia, many disposable devices that youth are using contain nicotine.)
- Flavorings such as diacetyl, a chemical linked to a serious lung disease
- Volatile organic compounds
- Cancer-causing chemicals
- Heavy metals such as nickel, tin, and lead

Studies have also shown that kids who use e-cigarettes are more likely than their peers to go on to smoke cigarettes.

Effects of nicotine on youth:

- Nicotine can harm the developing teenage brain.¹ The brain keeps developing until about age 25.
- Using nicotine as a teenager can harm the parts of the brain that control attention, learning, mood, and impulse control.¹
- Each time a new memory is created or a new skill is learned, stronger connections – or synapses – are built between brain cells. Young people's brains build synapses faster than adult brains. Nicotine changes the way these synapses are formed.
- Using nicotine as a teenager may also increase risk for future addiction to other drugs.¹

WHAT CAN I DO AS A PARENT?

The KEY is talking about e-cigarettes with your child, preparing yourself with the facts and role modelling with a smoke and e-cigarette free environment. KEY considerations for talking about e-cigarettes:

K: Know the facts or where to find them from a reputable source

E: Engage on the topic in a relaxed and easy way. Use the cues around you, a note home from the school, a person using a device, a story on the news as the way into the conversation and the way to keep talking about it ongoing.

Y: You know your child, communicate with them in ways that work for you and allow you to provide them with the right information to make healthy decisions.

Important note – if you are concerned that your child may be experiencing nicotine withdrawal please speak to your pediatrician or doctor.

For advice on existing evidence based methods to quit call the Quitline on 13 7848 or find online support here: www.cancercouncil.com.au/cancer-prevention/smoking/quitting-smoking/

More information on e-cigarettes can be found here:

www.cancercouncil.com.au/cancer-prevention/smoking/electronic-cigarettes/



AXLR8

Want to increase your leadership skills, develop networks, and be supported to experience new opportunities?

Orange City Council wants to support young people between the ages of 12 years to 18 years to assist them in building resilience and reduce potential harms related to alcohol and other drugs.

For further information contact Orange City Council's Community Development Team Leader

Julie Proctor
jproctor@orange.nsw.gov.au or
phone 02 6393 8608



Alcohol and Drug Foundation



positive partnerships

Working together to support school-aged students on the autism spectrum

NSW PARENT/CARER ONLINE WORKSHOP



Join us for an online workshop where you will have the opportunity to listen, share and learn with parents and carers who support young people on the autism spectrum, from across New South Wales.

This online workshop is for parents, full time carers and grandparents who are new to learning about autism. This workshop will give you a chance to learn more about the strengths, skills and supports available for young autistic people.

During the two online workshops, we will cover two topics each week:

Week 1:

- diversity of autism
- sensory processing

Week 2:

- understanding behaviour
- working together

Location:

New South Wales
via zoom online

Dates and Times:

Thursday 18th March, 2021
9.30am - 1pm (AEDT)

Thursday 25th March, 2021
9.30am - 12.30pm (AEDT)



For more information and to register, visit www.positivepartnerships.com.au or contact Alison Macrae amacrae@autismspectrum.org.au

CENTRAL WEST ELDERS OLYMPICS

A SENIORS FESTIVAL & YOUTH WEEK 2021 EVENT



SAVE
THE
DATE

TUESDAY
20TH APRIL 2021
10.00AM - 2.00PM

SIR NEVILLE HOWSE
STADIUM,
2-10 SEYMOUR
STREET, ORANGE

FREE EVENT

Teams of seniors from across the central west will compete in a range of modified sports with the support of local high school students who will referee and assist throughout the day



For more information, email
arodwell@orange.nsw.gov.au



Be part of the pride

Orange City Junior Rugby Club 2021 Registrations now open

ORANGE CITY



RUGBY CLUB
EST. 1973



To register head to our website
www.orangecityrugby.com.au or
download the Rugby Xplorer app

Season Launch and Try Rugby Evening
5pm Friday 26th March 2021
All ages invited & free sausage sizzle!!

Pre season
training
start dates

Juniors 5pm 11/3/21
(12s, 14s, 16s)

Wallas 5pm 23/4/21
(6s, 8s, 10s)

Please note: players must be registered prior to attending pre season training to be covered by insurance.



OFFICE OF SPORT

CLAIM TWO \$100 ACTIVE KIDS VOUCHERS

NSW GOVERNMENT

All NSW school-enrolled children are eligible for two \$100 Active Kids vouchers each year. The vouchers can be used with any approved Active Kids provider, to help cover costs towards registration or membership fees for sport and active recreation. **Voucher one is valid January to December and voucher two is valid July to December.** After 1 July, the second voucher can be claimed immediately after the first voucher.

HOW TO CLAIM YOUR VOUCHERS

- 1 Visit service.nsw.gov.au and login to your MyServiceNSW Account
- 2 Click on the Active Kids icon found in your SERVICE tab
- 3 Fill out the requested information (you will need your current Medicare card)
- 4 Print a copy of each voucher or email it to yourself

Visit sport.nsw.gov.au/activekids for terms & conditions and FAQs

HOW TO USE YOUR VOUCHERS

- 1 Find a provider by visiting our website: sport.nsw.gov.au/activekids
- 2 Once you have chosen an activity give the voucher number to your activity provider, or log onto your provider's website and enter the voucher number

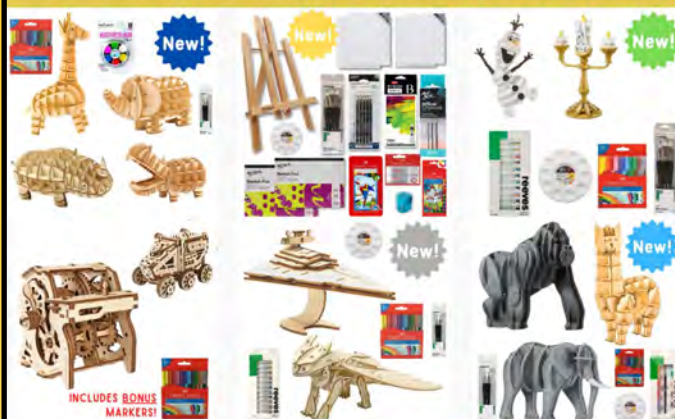
**Vouchers can always be found in your MyServiceNSW account by looking in the My Applications tab



WANT GREAT VALUE FROM YOUR NSW CREATIVE KIDS VOUCHER?



WE HAVE FREE CRAFT WORKSHOPS TO SUIT ALL JUNIOR CREATORS.. INCLUDES FREE DELIVERY!



Charlie Boots
Creative kits for creative kids

Scan here to see our range of free workshop kits!



HARMONY CUP

Soccer Gala Day

**Sunday
18th April 2021**

**Sir Jack Brabham Park
1641 Forest Rd, Orange**

For further information please contact
Katrina Hausia
Email: khausia@orange.nsw.gov.au
Phone: 02 6393 8628

NSW YOUTH WEEK

ORANGE CITY COUNCIL